

Community Offerings

Burlington/Walworth Patient Service Community Classes and Events

Aurora Health Care offers a variety of classes to meet your needs in accordance with our **Safe Care Promise**. To register, visit aurora.org/events or call 800-499-5736. Please view our Safe Care Promise online at advocateaurorahealth.org/safe-care. **Masking required for all in-person classes and events.**

Class	Location/Date/Time	Registration
Advance Care Planning Workshop This free workshop will address your questions and help you complete an Advance Directive, which allows you to remain in charge of decisions about your medical care, even when you may not be able to speak for yourself.	Aurora Medical Center Burlington August 31, 2021 3:00 – 4:00 p.m. Aurora Lakeland Medical Center - Elkhorn October 26, 2021 3:00 – 4:00 p.m.	Free To register: Call Chaplain Steve Hrycyniak at 262-741-2961
AARP Smart Driver™ Course <ul style="list-style-type: none">• Defensive driving techniques• Proven safety strategies• New traffic laws, rules of the road, handling left turns, right-of-way, and roundabouts	Aurora Lakeland Medical Center Thursday, September 16, 2021 or Thursday, October 14, 2021 10:00 a.m. – 3:00 p.m.	Fee: \$20 for AARP members \$25 for non-members To register, visit aurora.org/events or call 800-499-5736.
Babysitting Basics Workshop for beginning babysitters, ages 9 and older. Check your child's school calendar to see if one of these dates will work for them!	Virtual/online via Zoom Friday, October 29, 2021 or Monday, November 1, 2021 9:00 – 10:00 a.m.	Fee: \$10 To register, visit aurora.org/events or call 800-499-5736.
Stand Up and Move More Sit more than 6 hours/day? Learn how and why to Stand Up and Move More <ul style="list-style-type: none">• Set goals and specific strategies• Join in group discussion and learn from your peers• Learn about the health benefits of sitting less	For adults 55+ Four-week group health education workshop that meets by phone . Thursdays October 7–28, 2021 with a refresher on December 30, 2021 10:00 a.m. – 12:00 p.m.	Fee: FREE To register, visit aurora.org/events or call 800-499-5736.

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<p>Stepping On For Racine County Residents</p> <p>This 7-week series can help you avoid a dangerous and costly fall so you can keep doing the things you love to do.</p>	<p>Virtual/Online via Zoom</p> <p>Wednesdays 9:00 – 11:00 a.m.</p> <p>Sept 1 – Oct 13, 2021</p> <p><i>Sponsored by: Aurora Health Care and the ADRC of Racine County</i></p>	<p>To register:</p> <p>Call: Ruth at 262-833-8764 or</p> <p>Email: ruth.stauersbol@racinecounty.com</p> <p>For more information, visit aurora.org/events</p>
<p>Walk with a Doc</p> <p>Join Dr. Melanie Smith and more Aurora Medical Center doctors for this fun walking program. Learn about a health topic then enjoy the rest of the hour enjoying a walk with medical providers at your own pace and distance.</p>	<p>September 18, 2021</p> <p>8:30 – 9:30 a.m.</p> <p>Meet at Burlington High School, 400 McCanna Pkwy, Burlington, WI</p> <p>(meet in front entrance vestibule by flagpole)</p>	<p>Free</p> <p>No registration required.</p> <p>To see monthly topics, visit aurora.org/events.</p>
<p>Childbirth-related classes</p>		
<p>Breastfeeding Basics</p> <p>Everything you need to know to provide a strong start to breastfeeding your baby.</p>	<p>Virtual/online via Zoom</p> <p>Held monthly</p> <p>6:00 – 7:30 p.m.</p>	<p>Fee: \$15</p> <p>To register, visit aurora.org/events or call 800-499-5736.</p>
<p>Bringing Baby Home</p> <p>Learn about newborn behaviors and care, immunizations, when to call your doctor, child safety and more.</p>	<p>Virtual/online via Zoom</p> <p>Held every other month</p> <p>6:00 – 7:00 p.m.</p>	<p>Fee: \$10</p> <p>To register, visit aurora.org/events or call 800-499-5736.</p>
<p>Childbirth/Preparing for Labor and Birth</p> <p>Essential information and techniques to prepare you for the birth experience.</p>	<p>Virtual/online via Zoom</p> <p>Various locations and times throughout the system</p>	<p>To register, visit aurora.org/events</p>
<p>Infant CPR & Safety</p> <p>Recommended for expectant parents, parents who are adopting and grandparents.</p>	<p>Virtual/online via Zoom</p> <p>Held monthly</p> <p>6:00 – 7:00 p.m.</p>	<p>Free</p> <p>To register, visit aurora.org/events or call 800-499-5736.</p>

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Support Groups

Art Therapy Open Studio Designed to aid group members in self-expression, relaxation, and personal growth. Open to all current and past patients, companions, and caretakers. Facilitated by credentialed Art Therapist.	Aurora Wellness Center Burlington, Classroom B Meets the 2 nd and 4 th Monday monthly 3:00 – 5:00 pm <u>Starts September 13, 2021</u>	Free To register , visit aurora.org/events and search by category "Support Groups" or call 800-499-5736.
Fibromyalgia Support Group Support group for individuals dealing with the effect of Fibromyalgia. Come join the conversation and learn from one another.	Aurora Medical Center Burlington, Café A/B Meets 3 rd Monday monthly <u>Starts September 20, 2021</u> 6:00 – 7:30 p.m.	Free To register , contact Dawn Gruber at 262-971-9317
Respiratory Support Group This group addresses the fears and adjustment faced by those with respiratory disease.	Aurora Medical Center Burlington, Café A/B Meets 3 rd Tuesday monthly 6:00 – 7:30 p.m.	Free To register , visit aurora.org/events and search by category "Support Groups" or call 800-499-5736.
Stroke Support Group The Stroke Support Group provides emotional support through opportunities to interact with others who have experienced stroke.	Aurora Lakeland Medical Center, classroom A Meets the 3 rd Monday monthly 1:00 – 2:30 p.m.	Free To register , contact Heidi Barnes at 262-741-2539